

Columbines School of Botanical Studies  
 Second Year Apprenticeship Program  
 Low and Middle Elevation Western Cascades

April 26, 2020  
 Trip 4

Middle Elevation Coniferous Woods and Lava Beds 2950', 3571'  
 Low Elevation Coniferous Woods and Riparian Zone 2000'  
<http://www.botanicalstudies.net/botany/plantlists.php>

Family	Genus	Name	Uses	Seen
<b>Araceae</b>	Lysichiton americanus (L. americanum)	<b>Skunk Cabbage</b>	+/- Edible	
<b>Tofieldiaceae (Liliaceae)</b>	Triantha occidentalis (Tofieldia occidentalis)			
<b>Melanthiaceae (Liliaceae)</b>	Anticlea occidentalis (Stenanthium occidentale)		(blank)	
	Trillium ovatum	<b>Trillium</b>	No Pick - Medicinal	x
	Veratrum sp.	<b>False Hellebore</b>	Poisonous	
	Xerophyllum tenax	<b>Beargrass</b>	Edible, Fiber	
<b>Liliaceae</b>	Calochortus tolmiei	<b>Cat's Ears</b>	No Pick - Edible	
	Clintonia uniflora	<b>Queen's Cup</b>	Poisonous?	
	Erythronium grandiflorum	<b>Glacier Lily</b>	No Pick - Edible	
	Erythronium oregonum	<b>Fawn Lily</b>	No Pick - Edible	
	Lilium sp.	<b>Lily</b>	No Pick - Edible	
	Prosartes hookeri (Disporum h.)	<b>Fairy Bells</b>	Cathartic	
	Streptopus amplexifolius	<b>Twisted Stalk</b>	Cathartic	
<b>Orchidaceae</b>	Calypso bulbosa	<b>Calypso Orchid</b>	No Pick	x
	Corallorhiza sp.	<b>Coral Root</b>	No Pick	
	Goodyera oblongifolia	<b>Rattlesnake Plantain</b>	Mucilaginous	
	Neottia cordata (Listera c.)	<b>Twayblade</b>	Edible?	
	Platanthera dilatata (Habenaria d.)	<b>White Rein Orchid</b>	No Pick - Edible	
	Platanthera stricta (Habenaria saccata)	<b>Green Rein Orchid</b>	No Pick - Edible	
<b>Iridaceae</b>	Iris chrysophylla	<b>Iris</b>	Medicinal	
	Iris tenax	<b>Iris</b>	Medicinal	

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Family	Genus	Name	Uses	Seen
<b>Iridaceae</b>	Sisyrinchium sp.	<b>Blue-eyed Grass</b>	(blank)	
<b>Asparagaceae (Liliaceae)</b>	Dichelostemma congestum (Brodiaea congesta)	<b>Harvest Lily</b>	No Pick - Edible	
	Maianthemum racemosum (Smilacina racemosa)	<b>Large False Solomon's Seal</b>	Edible, Medicinal	
	Maianthemum stellatum (Smilacina stellata)	<b>Small False Solomon's Seal</b>	Edible, Medicinal	
<b>Equisetaceae</b>	Equisetum sp.	<b>Horsetail</b>	Edible, Medicinal	
<b>Dryopteridaceae (Polypodiaceae)</b>	Polystichum munitum	<b>Sword Fern</b>		
<b>Polypodiaceae</b>	Polypodium glycyrrhiza	<b>Licorice Fern</b>		
	Polypodium hesperium	<b>Not Licorice Fern</b>	(blank)	
<b>Pinaceae</b>	Pseudotsuga menziesii	<b>Douglas the Fir</b>		x
<b>Cupressaceae</b>	Callitropsis nootkatensis (Chamaecyparis nootkatensis)	<b>Alaska Yellow Cedar</b>		
	Calocedrus decurrens	<b>Incense Cedar</b>		x
	Thuja plicata	<b>Western Red Cedar</b>	Medicinal	x
<b>Aristolochiaceae</b>	Asarum caudatum	<b>Wild Ginger</b>	Edible, Medicinal	
<b>Papaveraceae (Fumariaceae)</b>	Dicentra formosa	<b>Bleeding Heart</b>	Poisonous, Medicinal	
<b>Berberidaceae</b>	Achlys triphylla	<b>Vanilla Leaf</b>	Edible	
	Berberis aquifolium	<b>Tall Oregon Grape</b>	Edible, Medicinal	
	Berberis nervosa	<b>Mountain Oregon grape</b>	Edible, Medicinal	
	Vancouveria hexandra	<b>Inside-out Flower</b>	Edible	

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Family	Genus	Name	Uses	Seen
<b>Ranunculaceae</b>	<i>Aconitum columbianum</i>	<b>Monkshood</b>	Poisonous	
	<i>Actaea rubra</i>	<b>Baneberry</b>	Poisonous, Medicinal	
	<i>Anemone deltoidea</i>	<b>Large Windflower</b>	Poisonous	
	<i>Anemone lyallii</i>	<b>Small Windflower</b>	Poisonous	
	<i>Aquilegia formosa</i>	<b>Columbine</b>	Poisonous	
	<i>Caltha biflora</i>	<b>Marsh Marigold</b>	Edible cooked	
	<i>Coptis laciniata</i>	<b>Gold thread</b>	Medicinal	
	<i>Delphinium</i> sp.	<b>Larkspur</b>	Poisonous	
	<i>Ranunculus</i> sp.	<b>Buttercup</b>	Poisonous	
	<i>Ranunculus populago</i>	<b>Marsh Buttercup</b>	Poisonous	
	<i>Ranunculus uncinatus</i>	<b>Woods Buttercup</b>	Poisonous	
	<i>Thalictrum</i> sp.	<b>Meadow-rue</b>	Poisonous	
<b>Grossulariaceae</b>	<i>Ribes bracteosum</i>	<b>Stinking Currant</b>	Edible	
	<i>Ribes lacustre</i>	<b>Swamp Currant</b>	Edible	
	<i>Ribes lobbii</i>	<b>Gummy gooseberry</b>	Edible	
	<i>Ribes sanguineum</i>	<b>Red Flowering Currant</b>	Edible	x
	<i>Ribes</i> sp.	<b>Current or Gooseberry</b>	Edible	
	<i>Ribes viscosissimum</i>	<b>Sticky Currant</b>	Edible	
<b>Saxifragaceae</b>	<i>Boykinia occidentalis</i> (B. elata)			
	<i>Heuchera micrantha</i>	<b>Alum Root</b>	Medicinal	
	<i>Micranthes</i> cf. <i>marshallii</i> ( <i>Saxifraga</i> cf. m.)	<b>Saxifrage</b>	Edible	
	<i>Micranthes odontoloma</i> ( <i>Saxifraga arguta</i> )	<b>Saxifrage</b>	Edible	
	<i>Mitellastrum caulescens</i> ( <i>Mitella</i> c.)	<b>Large Bishop's Cap</b>	Edibility unknown	
	<i>Pectiantia ovalis</i> ( <i>Mitella</i> o.)	<b>Small Bishop's Cap</b>	Edibility unknown	
	<i>Saxifraga mertensiana</i>	<b>Saxifrage</b>	Edible	
	<i>Tellima grandiflora</i>	<b>Fringecup</b>	Edibility unknown	
	<i>Tiarella unifoliata</i>	<b>Coolwort</b>	Edibility unknown	
<i>Tolmiea menziesii</i>	<b>Youth on Age</b>	Edibility unknown		

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Family	Genus	Name	Uses	Seen
<b>Saxifragaceae</b>	Unidentified Saxifrage Leaf			
<b>Crassulaceae</b>	Sedum oregonense	<b>Stonecrop</b>	Edible	x
<b>Fabaceae (Leguminosae)</b>	Cytisus scoparius	<b>Scotch Broom</b>	Poisonous	
	Genista monspessulana (Cytisus monspessulanus)	<b>Moonlight Broom</b>	Poisonous	
	Lathyrus sp.	<b>Pea</b>	Generally Poisonous	
	Lupinus sp.	<b>Lupine</b>	Poisonous	
	Trifolium pratense	<b>Red Clover</b>	Edible, Medicinal	
	Trifolium repens	<b>White Clover</b>	Edible, Medicinal	
	Unidentified	<b>Legume</b>	Poisonous	
	Vicia sp.	<b>Vetch</b>	Poisonous	
<b>Rosaceae</b>	Amelanchier alnifolia	<b>Serviceberry</b>	Edible	
	Aruncus sylvestris	<b>Goat's Beard</b>		
	Fragaria sp.	<b>Wild Strawberry</b>	Choice edible	
	Geum macrophyllum	<b>Geum, Avens</b>	Astringent	
	Holodiscus discolor	<b>Oceanspray</b>	Astringent	
	Oemleria cerasiformis	<b>Osoberry</b>	Edible	
	Physocarpus capitatus	<b>Ninebark</b>	Fiber	
	Potentilla sp.	<b>Potentilla</b>	Astringent	
	Prunus emarginata	<b>Bitter Cherry</b>	Edible, Medicinal	
	Rosa sp.	<b>Wild Rose</b>	Edible, Astringent	
	Rubus leucodermis	<b>Blackcap Raspberry</b>	Choice edible	x
	Rubus nutkanus (R. parviflorus)	<b>Thimbleberry</b>	Choice edible	
Rubus spectabilis	<b>Salmonberry</b>	Edible, Astringent		
Sorbus sitchensis	<b>Mountain Ash</b>	Edible		
	Spiraea sp.	<b>Spirea</b>	Astringent	
<b>Rhamnaceae</b>	Ceanothus integerrimus	<b>Ceanothus</b>	Medicinal, Soap	

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Family	Genus	Name	Uses	Seen
<b>Rhamnaceae</b>	<i>Ceanothus sanguineus</i>	<b>Ceanothus</b>	Medicinal, Soap	
	<i>Ceanothus velutinus</i>	<b>Ceanothus</b>	Medicinal, Soap	x
	<i>Frangula purshiana</i> (Rhamnus p.)	<b>Cascara</b>	Medicinal	x
<b>Urticaceae</b>	<i>Urtica dioica</i>	<b>Stinging Nettle</b>	Edible, Medicinal	
<b>Fagaceae</b>	<i>Chrysolepis chrysophylla</i> (Castanopsis c.)	<b>Chinquapin</b>	Edible	x
<b>Celastraceae</b>	<i>Paxistima myrsinites</i> (Pachistima m.)	<b>Oregon Box</b>	Ornamental	x
<b>Oxalidaceae</b>	<i>Oxalis oregana</i>	<b>Oxalis</b>	Choice edible	
<b>Hypericaceae</b>	<i>Hypericum perforatum</i>	<b>St. John's Wort</b>	Medicinal	x
	<i>Hypericum scouleri</i> (H. formosum)	<b>St. John's Wort</b>	Medicinal	
<b>Violaceae</b>	<i>Viola adunca</i>	<b>Field Violet</b>	Choice edible	
	<i>Viola glabella</i>	<b>Woods Violet</b>	Choice edible	
	<i>Viola nuttallii</i>	<b>Violet</b>	Choice edible	
	<i>Viola orbiculata</i>	<b>Dark woods violet</b>	Choice edible	
	<i>Viola palustris</i>	<b>Marsh Violet</b>	Choice edible	
	<i>Viola sempervirens</i>	<b>Evergreen Violet</b>	Choice edible	
	<i>Viola</i> sp.	<b>Violet</b>	Choice edible	
<b>Salicaceae</b>	<i>Salix</i> sp.	<b>Willow</b>	Astringent, Analgesic	
<b>Onagraceae</b>	<i>Boisduvalia</i> sp., <i>Epilobium</i> sp.	<b>Willow Herb</b>	Medicinal	
	<i>Chamaenerion angustifolium</i> ( <i>Epilobium</i> a.)	<b>Fireweed</b>	Edible	
	<i>Circaea alpina</i>	<b>Enchanter's Nightshade</b>		
<b>Sapindaceae (Aceraceae)</b>	<i>Acer circinatum</i>	<b>Vine Maple</b>	Edible	
	<i>Acer macrophyllum</i>	<b>Big leaf Maple</b>	Choice edible	

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Family	Genus	Name	Uses	Seen
<b>Brassicaceae (Cruciferae)</b>	Cardamine oligosperma	<b>Bittercress</b>	Edible	
<b>Polygonaceae</b>	Bistorta bistortoides (Polygonum b.)	<b>Mountain Bistort</b>	Edible, Astringent	
	Eriogonum sp.	<b>Wild Buckwheat</b>	Edible	
	Rumex acetosella	<b>Sheep's Sorrel</b>	Edible, Medicinal	
	Rumex crispus	<b>Yellow Dock</b>	Edible, Medicinal	
	Rumex obtusifolius	<b>Bitter Dock</b>	Edible, Medicinal	
<b>Caryophyllaceae</b>	Moehringia macrophylla (Arenaria macrophylla)	<b>Sandwort</b>		
<b>Montiaceae (Portulacaceae)</b>	Claytonia lanceolata	<b>Spring Beauty</b>	Edible	
	Claytonia perfoliata (Montia p.)	<b>Miner's Lettuce</b>	Choice edible	
	Claytonia sibirica (Montia s.)	<b>Candy Flower</b>	Choice edible	
	Montia parvifolia	<b>Small Leaf Montia</b>	Edible	
<b>Cornaceae</b>	Cornus nuttallii	<b>Dogwood</b>	Astringent	
	Cornus stolonifera	<b>Creek Dogwood</b>	Astringent	
	Cornus unalaschkensis (C. canadensis)	<b>Bunchberry</b>	Edible	
<b>Polemoniaceae</b>	Polemonium carneum	<b>Jacob's Ladder</b>		
<b>Primulaceae</b>	Dodecatheon jeffreyi	<b>Shooting Star</b>	Edible	
	Lysimachia latifolia (Trientalis l.)	<b>Starflower</b>	Edible	
<b>Ericaceae</b>	Allotropa virgata	<b>Candy Stick</b>	No Pick	
	Arbutus menziesii	<b>Madrone</b>	Edible, Astringent	
	Arctostaphylos columbiana	<b>Hairy Manzanita</b>	Edible, Astringent	
	Arctostaphylos nevadensis	<b>Kinnikinnik</b>	Edible, Astringent	x
	Arctostaphylos patula	<b>Manzanita</b>	Edible, Astringent	x

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Family	Genus	Name	Uses	Seen
<b>Ericaceae</b>	Chimaphila menziesii	<b>Baby Pipsissewa</b>	Astringent	
	Chimaphila umbellata	<b>Pipsissewa</b>	Astringent	x
	Gaultheria ovatifolia	<b>Baby Salal</b>	Edible	
	Gaultheria shallon	<b>Salal</b>	Edible	
	Monotropa hypopitys (Hypopitys m.)	<b>Pinesap</b>	No Pick	
	Monotropa uniflora	<b>Indian Pipe</b>	No Pick	
	Orthilia secunda (Pyrola s.)	<b>One-sided Pyrola</b>	Astringent	
	Pterospora andromedea	<b>Pinedrops</b>	No Pick	
	Pyrola asarifolia	<b>Pyrola</b>	Astringent	
	Pyrola asarifolia ssp. bracteata	<b>Pyrola</b>	Astringent	
	Pyrola picta	<b>White-veined Pyrola</b>	Astringent	
	Rhododendron macrophyllum	<b>Rhododendron</b>	Poisonous	
	Rhododendron menziesii (Menziesia ferruginea)	<b>Fool's Huckleberry</b>		
	Vaccinium parvifolium	<b>Red huckleberry</b>		
Vaccinium sp.	<b>Huckleberry</b>	Edible		
<b>Rubiaceae</b>	Gallium sp.(2)	<b>Bedstraw, Cleavers</b>	Edible, Medicinal	
<b>Boraginaceae</b>	Mertensia paniculata	<b>Oregon Bluebells</b>	Medicinal (PA's)	
	unidentified forget me not like flower	<b>White</b>	Poisonous	
<b>Hydrophyllaceae</b>	Hydrophyllum tenuipes	<b>Waterleaf</b>	Choice edible	
	Nemophila parviflora	<b>Wood Nemophila</b>		
	Phacelia sp.	<b>Phacelia</b>	Edible	x
	Romanzoffia sp.	<b>Mistmaiden</b>	Edible	
<b>Plantaginaceae (Scrophulariaceae)</b>	Collinsia grandiflora	<b>Large Blue-eyed Mary</b>	Edibility unknown	
	Collinsia parviflora	<b>Small Blue-eyed Mary</b>	Edibility unknown	
	Digitalis purpurea	<b>Foxglove</b>	Poisonous, Medicinal	
	Penstemon sp.	<b>Penstemon</b>	Medicinal	x

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Family	Genus	Name	Uses	Seen
<b>Plantaginaceae (Scrophulariaceae)</b>	Synthyris reniformis	<b>Snow Queen</b>	Edibility unknown	
	Veronica sp.	<b>Veronica</b>	Edible	
<b>Scrophulariaceae</b>	Verbascum thapsus	<b>Mullein</b>	Medicinal, TP	x
<b>Lamiaceae (Labiatae)</b>	Clinopodium douglasii (Satureja d.)	<b>Yerba Buena</b>	Edible, Medicinal	
	Lamium purpureum	<b>Red Dead Nettle</b>	Edible	
	Prunella vulgaris	<b>Self Heal, Heal All</b>	Edible, Medicinal	
	Stachys sp.	<b>Horse Mint</b>	Edible, Medicinal	
<b>Phrymaceae (Scrophulariaceae)</b>	Erythranthe alsinoides (Mimulus a.)	<b>Baby Monkeyflower</b>	Edible	
	Erythranthe guttata (Mimulus g.)	<b>Monkeyflower</b>	Edible	
<b>Orobanchaceae (Scrophulariaceae)</b>	Castilleja sp.	<b>Paintbrush</b>	Edible	
	Orthocarpus sp.	<b>Owl's Clover</b>	Edible	
	Pedicularis bracteosa	<b>Cobra Head</b>	Medicinal	
	Pedicularis groenlandica	<b>Elephant's Head</b>	Medicinal	
	Pedicularis racemosa	<b>Parrot's Beak</b>	Medicinal	
<b>Orobanchaceae</b>	Aphyllon uniflorum (Orobanche uniflora)	<b>Naked Broomrape</b>	No Pick	
<b>Campanulaceae</b>	Campanula sp.	<b>Our Friend</b>		
<b>Asteraceae (Compositae)</b>	Achillea millefolium	<b>Yarrow</b>	Medicinal	
	Adenocaulon bicolor	<b>Pathfinder</b>	Edibility unknown	
	Agoseris aurantiaca	<b>Orange Agoseris</b>		
	Anaphalis margaritacea	<b>Pearly Everlasting</b>	Medicinal	
	Aster sp.	<b>Aster</b>	Poisonous	
	Cirsium sp.	<b>Thistle</b>	Edible	



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Family	Genus	Name	Uses	Seen
<b>Asteraceae (Compositae)</b>	Crocidium multicaule	<b>Spring Gold</b>		
	DYC		(blank)	
	Hieracium albiflorum	<b>Hawkweed</b>		
	Hypochaeris radicata	<b>False Dandelion</b>	Edible	
	Leucanthemum vulgare (Chrysanthemum l.)	<b>Ox Eye Daisy</b>	Edible, Medicinal	
	Petasites frigidus	<b>Western Coltsfoot</b>	Edible	
	Rudbeckia occidentalis	<b>Coneflower</b>	Medicinal	
	Senecio triangularis		Poisonous	
	Taraxacum officinalis	<b>Dandelion</b>	Edible, Medicinal	
<b>Adoxaceae (Caprifoliaceae)</b>	Sambucus sp.	<b>Elder</b>	Astringent, Diaphoretic	
<b>Caprifoliaceae</b>	Lonicera ciliosa	<b>Trailing Honeysuckle</b>	Edible Nectar	
	Lonicera involucrata	<b>Twinberry</b>	Edible	
	Symphoricarpus albus	<b>Snowberry</b>	Edible	
<b>Linnaeaceae (Caprifoliaceae)</b>	Linnaea borealis var. longifolia	<b>Twinflower</b>	Edibility unknown	
<b>Valerianaceae</b>	Plectritis congesta	<b>Corn salad</b>	Edible	
	Valeriana scouleri	<b>Low-elevation Valerian</b>	Medicinal	
	Valeriana sitchensis	<b>Valerian</b>	Medicinal	
<b>Araliaceae</b>	Oplopanax horridus (O. horridum)	<b>Devil's Club</b>	Medicinal	
<b>Apiaceae (Umbelliferae)</b>	Angelica sp.	<b>Angelica</b>	Medicinal, Spice	
	Heracleum maximum (H. lanatum)	<b>Cow Parsnip</b>	Medicinal	
	Ligusticum grayi	<b>Oshala</b>	Medicinal, Spice	
	Lomatium hallii	<b>Biscuit Root</b>	Edible	
	Lomatium martindalei	<b>Biscuit Root</b>	Edible	
	Lomatium sp.	<b>Biscuit Root</b>	Edible	
	Lomatium utriculatum	<b>Spring Gold, Biscuit Root</b>	Edible	

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Family	Genus	Name	Uses	Seen
Apiaceae (Umbelliferae)	Osmorhiza berteroi (O. chilensis)	Sweet Cicely	Edible	
	Unidentified white Umbelliferae		Poisonous	

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Second Year Trip #4  
Low Elevation and Middle Elevation Hudsonian Zone

**Botany**

Plant Family Review

*Calocedrus decurrens* vs. *Thuja plicata*

Keyed: *Trillium ovatum* in the *Flora of Oregon*

**Ecology**

Plant Associations on Lava Flows

Mycorrhizal Influences on Forest Nutrient Dispersements

**Herbalism**

Innate vs. Acquired Immunity

Materia Medica: *Thuja plicata*

Harvested and Processed *Thuja plicata* for Tincture

Lichen Taxonomy

Materia Medica: *Usnea*

Materia Medica: *Lobaria*

**Ecosystems**

Middle Elevation Hudsonian Zone

Lava Beds

Low Elevation Coniferous Woods and Riparian